



PDC

## MOVEMENT ACTIVITY

### HULA HOOP FUN

#### HULA CAR ROAD TRIP

**Equipment:** 1 hula hoop per student.

**Set Up:** Each student sits crisscross inside of a hula-hoop on the floor around the gym.

Start by telling them to imagine the gym is a giant road. Ask the students questions about driving in a vehicle. Always talk about the importance of not crashing your car because real cars don't crash into each other on purpose. Then explain to the students all of the things they may have to do when I call out certain things. After you explain each possible direction, tell students to stand up and hold their hula-hoop around their body.

#### CALL OUT

- **high way**, students run as fast as possible in their car.
- **bumpy road**, students skip.
- **curvy road or zigzag road**, students show me what that looks like
- **stuck in the mud**, students jog in place.
- **turn up the radio**, they drop their hoop and dance inside of it.
- **school zone**, students walk in slow motion.
- **"out of gas,"** students sit back down criss-cross in their hoop.



#### CATCH THE HOOP:

- Stack the kiddos
- Flick the hula hoop
- Kiddos must catch them before they fall to the ground

#### BUILD HULA HUTS

- Put the kiddos into teams and let them work out how to build a hula hut
- Once they build it they must all try and crawl through it

#### HULA HUT THROW DOWN

- Separate the class into two groups
- Each group builds a hula hut
- They must try to knock the other group's hula hut down with a dodgeball
- If their "hut" gets knocked down, the team must rebuild it!



GIVE HIGH FIVES !!!